



## Empanadas: One of the World's Perfectly Wrapped Gifts of Food

### RECIPE

#### EMPANADA DOUGH

##### Ingredients

1 C water  
1 T Kosher salt  
3 ½ C all purpose flour  
4 T unsalted butter  
1 egg, beaten with 1 T water for sealing dough and a shiny top

##### Preparation

Bring the water to a boil and add salt. Remove from heat and add the butter. When it melts, pour into a glass mixing bowl and let stand to room temperature. Mix in flour with your hands 1 cup at a time until it becomes a smooth ball.

Flatten the dough and wrap in plastic. Chill for 1 hour.

In the meantime, prepare the filling (see recipe below).

Roll the dough to ¼" thickness and cut into 12 5" rounds

#### CHICKEN AND VEGETABLE FILLING

##### Ingredients

1 T olive oil  
½ medium onion, chopped  
1 tsp. paprika  
1/4 tsp. cumin  
1/4 tsp. red pepper flakes  
1 tsp. oregano  
2 jalapeno peppers, chopped  
2 large tomatoes, chopped  
½ C zucchini, chopped  
½ C carrots, chopped  
2 ½ C cooked chicken (NOTE: we use our Big Flavor Roasted Chicken @ <http://roadtripflavors.com/2011/09/03/big-flavors-from-the-big-state>) cut into ½ " cubes  
Tomato juice, if needed  
Salt and pepper to taste

##### Preparation

Heat oil in a skillet and add onion. Saute until translucent. Add the spices and sauté for another minute. Add the jalapenos and tomatoes. Cook until tomatoes give up their juice for a light sauce. Stir in the cooked vegetables and chicken. Add a little tomato juice, if needed, to keep the mixture moist. Season with salt and pepper to taste. Let the mixture cool thoroughly before filling the dough.



Preheat the oven to 400 degrees F. For each dough circle: dip your finger in the beaten egg and rub the edge to wet slightly (this will help the dough stick together.) Spoon a heaping amount of filling into the dough circle. Fold in half and crimp the edges in a scalloped pattern around the half disc. Brush top with egg wash.

On a baking sheet, add a light coat of cooking spray. Place the empanadas on the sheet spaced so they are not touching. Bake for 20 – 25 minutes until golden brown

### **CHIMICHURRI SAUCE**

#### **Ingredients**

1 C parsley, leaves removed from stems and chopped finely  
2 T fresh oregano  
2 cloves of garlic, chopped to a fine paste  
½ C olive oil  
2 T white wine vinegar  
½ tsp. red pepper flakes (or to taste)  
1 tsp. sea salt  
½ tsp. fresh ground black pepper

#### **Preparation**

Place the parsley, oregano and garlic in a food processor and pulse to chop. Drizzle half the olive oil into the spout to slightly emulsify the mixture. Do not over process. Place in a mixing bowl. Stir in the remaining ingredients and serve immediately at room temperature or chill and return to room temperature before serving.